



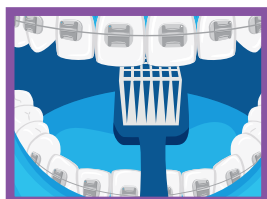
ORTHODONTIC BRUSHING & FLOSSING PROCEDURES



Use a toothbrush and a pea-sized amount of toothpaste. Gently touch your bristles to the place where your teeth and gums meet.



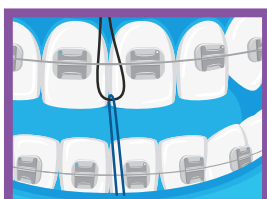
Brush in slow circles around the gum line, spending about 10 seconds on each tooth.



Treat each arch and tooth separately. Remember to go slow. You're not racing.



Brush your upper teeth down and your lower teeth up. Don't forget your tongue and the roof of your mouth.



Using a floss threader, pull floss between wires and braces. Or, use the Harp flossers to floss between your teeth and behind the wires.



Carefully floss around the braces.



Delicately floss around your gums.



Finally, finish flossing around your teeth.

BRUSHING

With your toothbrush (soft bristles only):

WHEN?

After every meal. Can't brush right away?

Rinse with water.

FLOSSING

WHEN?

Nightly before brushing.

HOW?

Use floss threader or Harp flossers between gums & braces.

WHY?

Removes plaque between teeth and keeps your gums healthy.